



## A Discussion on Art Therapy for Military Families with Melissa Walker, Jessica Herman, and Valli Rebsamen | Anchored Episode 22

In this podcast episode, FD's Jason Jowers discusses the application of art therapy and military families. We are joined by three art therapists; Melissa Walker, Jessica Herman, and Valli Rebsamen, to discuss their work, the therapeutic practices used in art therapy, and the prevalence of mental health issues and "invisible wounds of war" for active-duty service members. They discuss how these issues affect both the individuals and each member of the family, and how art-therapy can be used to find connections and expression.



Listen to the episode now on **iTunes** or at [militaryfamilieslearningnetwork.org/podcast/a-discussion-on-art-therapy-for-military-families-with-melissa-walker-jessica-herman-and-valli-rebsamen-anchored-episode-22/](https://militaryfamilieslearningnetwork.org/podcast/a-discussion-on-art-therapy-for-military-families-with-melissa-walker-jessica-herman-and-valli-rebsamen-anchored-episode-22/)

*\*1.0 CE credit from the UT Austin Steve Hicks School of Social Work is available for this episode!*

This year, we continued to build upon our **SBCY Series!** Our 2020 webinar topics included how to best support healthy technology use for young children and youth, increasing family engagement in treatment of youth exhibiting PSB, and taking a multidisciplinary, evidence-based approach in work with youth and families.



**Sexual Behavior  
in Children and Youth**

The next SBCY webinar will be on **February 25, 2021** and will focus on Trauma-Focused Cognitive Behavioral Therapy and treatment for caregiver and children impacted by other youth exhibiting PSB. RSVP for this

webinar today at [militaryfamilieslearningnetwork.org/event/85670/](https://militaryfamilieslearningnetwork.org/event/85670/)! You can also watch archived recordings and obtain CE credits for each 2020 webinar training now.



Visit the series homepage at [militaryfamilieslearningnetwork.org/childsexualbehavior/](https://militaryfamilieslearningnetwork.org/childsexualbehavior/) for more details!

## 2020 Year in Review | Blog Post

2020 has been a challenging but inspiring year here at MFLN Family Development. Despite the COVID-19 pandemic, we were able to provide lots of new webinars, several housed within ongoing programming series, with three Anchored podcast episodes, and much more programming for our Department of Defense and clinical professional audiences.

Read the blog post giving a breakdown of all our programming from the past year at [militaryfamilieslearningnetwork.org/2020/12/28/mfln-family-development-2020-year-in-review/](https://militaryfamilieslearningnetwork.org/2020/12/28/mfln-family-development-2020-year-in-review/)



## MFLN | Military Family Readiness Academy

The 2021 MFRA series, "**Disaster and Hazard Readiness in Action**" will focus on the skills, contexts, and situations military family service providers may draw from and navigate as they manage disasters and emergencies within their professional fields. A continuation from the **2020 Academy series Disaster and Hazard Readiness Foundations**, the 2021 MFRA builds on the basic concepts of disaster and hazard management, including impacts and responses, planning, collaboration, and mitigation. RSVP for the 2021 MFRA to participate in upcoming sessions!

**DISASTER AND HAZARD  
READINESS  
IN ACTION**

Learn more, watch past MFRA sessions and RSVP for the 2021 MFRA at [militaryfamilieslearningnetwork.org/mfra/](https://militaryfamilieslearningnetwork.org/mfra/)!

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